



July 2022

# Senior Program Newsletter



Senior Programs is hopping with activities! Visit the [Senior & Active Adult Program webpage](#) to find recent additions.

Send [this link](#) to a friend so he/she will receive our Senior & Active Adult newsletter too!

Check out the Fitness Schedule [HERE](#). Take advantage of our summer-time, outdoor classes like Zumba, Yoga and Splash Aerobics! Location details on the schedule.

**Senior Strength Training**—Want to keep up with your grandchildren? Get stronger with our Group Strength Training classes! With a terrific blend of free weights & balance exercises, these classes, under the guidance of our exceptional, nationally certified personal training staff, will help build your stamina and make those every day activities a . . . scoop of ice cream!

## Speaking of Ice Cream . . .

### Celebrate

#### NATIONAL GRANDPARENTS' DAY SUN, 9/11

at Clement Park, Shelters A, B, & C:  
Ice Cream, playground and Pickleball!  
Open to any "Grand:" grandparents,  
grandchildren, great-grands, parents, etc.  
Tickets are \$6 per person, in advance, and  
are

NOT available at event.  
Deadline to buy tickets: 9/7.

Thank you to [MorningStar Assisted Living & Memory Care of LITTLETON](#) for sponsoring!

## Lunch and Learn Series

Join us the last Monday of each month from 12:30-2:00pm for lunch and a presentation. Cost is \$5 & includes lunch. Must register!

### Many thanks to

#### Swedish Medical Center | HealthONE

for providing presentations on these valuable topics!

8/29 – [Stroke Signs and Symptoms](#),  
presented by Cailly Hanning, NP.

9/26-[Child Safety for Grandparents & Caregivers](#),  
presented by Frank Tranfaglia.

## RIDE-N-LUNCH!

Explore local area restaurants. Prices returned to 2020 level in June: \$12 (ND: \$16) covers cost of transportation. Meet at the Peak Community & Wellness Center. Lunch cost is on your own.

8/15– [Blackbird Café & Tavern](#), Kittredge

9/13– [Smokin' Fins](#), Littleton

Register monthly for the clubs below:  
Fee: \$5 (ND: \$7) per month; meets 1x/week. Please check in at the front desk when you arrive!

Bridge, Mahjogg,

Helping Hands Knitting & Crochet

Walking Club Register [HERE](#) and then follow link on receipt to Sign Up Genius for meeting locations for each walk.

## UPCOMING EXCURSIONS

[A Day in Breckenridge](#) – TUE, 8/9, 10:30am-5:30pm. A day to shop, lunch and walk **Breckenridge's main street**. The Victorian core of this former mining town is preserved as the Breckenridge National Historic District, running primarily along Main Street, with colorfully painted buildings from the 1880s and '90s housing shops, galleries and restaurants. *All activities on your own*. Deadline to register: 8/3.

[Colorado Rockies vs. San Francisco Giants](#) – SUN, 8/21, 11:00am-6:00pm. Fee includes transportation & game ticket with seats in the shade. 4 spots open! Deadline to register: 8/1

[Little Man Ice Cream Factory](#) – WED, 8/31, 12:15-4:00pm. Enjoy a flight of 5 flavors of ice cream with 1 topping on the side. Choose your own flavors; dairy free & vegan options available! Deadline to register: 8/28.

[Denver Mob Tour](#) – THU, 9/8, 10:15-3:30pm. Tom Hackett, Denver Mob Historian, boards our van for a driving tour of the old, mafia neighborhoods with colorful stories of bootleggers, crime scenes & more. Deadline to register: 8/29. Only 2 spots left!

[Broncos Stadium Tour](#) – THU, 9/15, 9:30am-1:00pm. See a “behind the scenes” glimpse into areas rarely seen by the public. Learn the unique operations and inner workings of one of the most state-of-the-art stadiums in North America! Deadline to register: 9/6.

[Wings Over the Rockies](#) – MON, 9/19, 9:00am-4:00pm. A private, docent-led tour of Colorado's official air & space museum. Over 50 aircraft on display. Lunch on your own after the tour at Lowry Beer Garden. Deadline to register: 9/5.

### SAVE THE DATE:

Friday, OCT 7, from 9-1:00pm

### SENIOR OPEN HOUSE!

Interested in volunteering at this fun event? Email Terri:

Tgillan@FHPRD.org

Happening at the Peak  
Community & Wellness Center on  
October 21:

a Murder Mystery Party!

Details & registration coming  
soon!



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